

Slow Cooker Food Safety

Not only are slow cookers time-saving and convenient for preparing your favorite winter meals, but they are a safe method for all-day cooking. Follow these simple tips to ensure that food placed in a slow cooker is safe to eat:

- Wash your slow cooker with hot water and soap before using.
- Choose recipes with a high moisture content such as soup or chili.
- Always thaw meat, poultry, or seafood safely before placing in the slow cooker.
- Place vegetables and large cuts of meat or poultry in the slow cooker first, as they take a longer amount of time to cook.
- While most slow cookers have two or more settings, check the recipe to find out what setting it calls for.
- Store leftovers in airtight containers and refrigerate or freeze within two hours following cooking.

Slow Cooker Veggie Hamburger Soup

Ingredients:

- 1 lb. ground beef
- 1/4 onion, medium diced
- 15 oz can mixed vegetables
- 1 cup lima beans, prepared
- 1 cup corn, frozen or canned
- 1 cup carrots, frozen or canned
- 30 oz (2, 15oz cans) diced tomatoes, undrained
- 1 cup water



Directions:

1. Cook ground beef and onions until browned.
2. In slow cooker, add beef and onions to mixed vegetables, lima beans, corn, carrots, tomatoes, and water. Cook for 4 hours on low.